

What is High Blood Pressure?

Blood pressure is the force exerted on artery walls as blood is pumped by the heart through the circulatory system. High blood pressure, also called hypertension, is a chronic health condition that requires the heart to work harder causing the heart muscle to weaken over time. High blood pressure among adults is defined as having systolic pressure of 140 mmHg or higher or diastolic pressure of 90 mmHg or higher.^{1,2}

Effects of High Blood Pressure

High blood pressure significantly increases risk for heart attack, stroke, kidney disease, and diabetes complications.^{1,3}

Table 1: Classification of Blood Pressure for Adults^{2,4}

Blood Pressure Category*	Systolic Blood Pressure	/	Diastolic Blood Pressure
Normal	<120 mmHg	and	<80 mmHg
Prehypertension (At Risk)	120 to 139 mmHg	or	80 to 89 mmHg
Stage 1 Hypertension	140 to 159 mmHg	or	90 to 99 mmHg
Stage 2 Hypertension	≥160 mmHg	or	≥100 mmHg

* If systolic and diastolic blood pressure fall into different categories, the higher category is used to classify blood pressure

The systolic pressure represents the pressure in the blood vessels when the heart contracts. The diastolic pressure represents the pressure in the blood vessels in between contractions or when the heart rests between beats.

Diagnosed High Blood Pressure among Kansas Adults[†]

In 2013, 1 out of 3 Kansans (31.3%) aged 18 years and older reported they have been diagnosed with high blood pressure.⁵

- Prevalence of hypertension is higher among men than women, and more common among non-Hispanic African-Americans than among non-Hispanic whites and Hispanics (Figure 1).
- Prevalence of hypertension increases with age from 6.3% among young adults aged 18 to 24 years to more than 62% among adults aged 65 years and older (Figure 2).

Fig. 1: Prevalence of hypertension among adults aged 18 years and older by race/ethnicity groups and gender, Kansas 2013

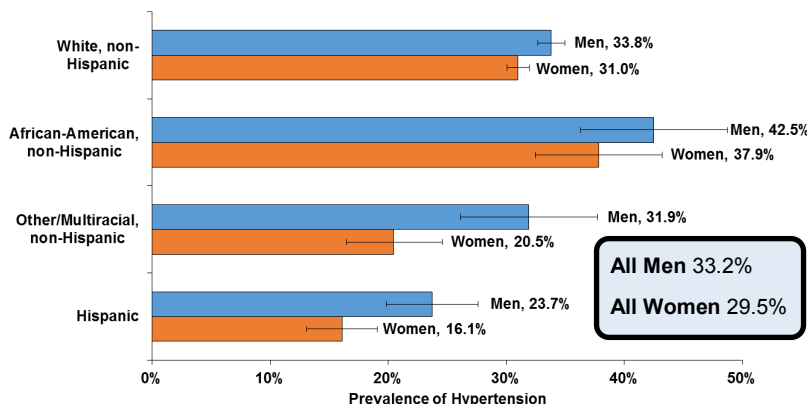
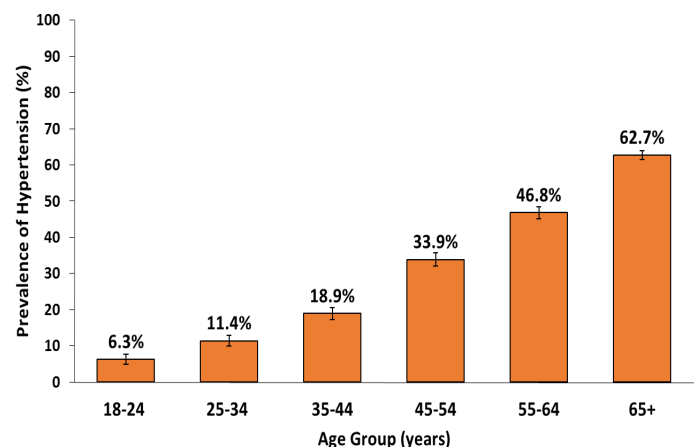


Fig. 2: Prevalence of hypertension among adults aged 18 years and older by age, Kansas 2013



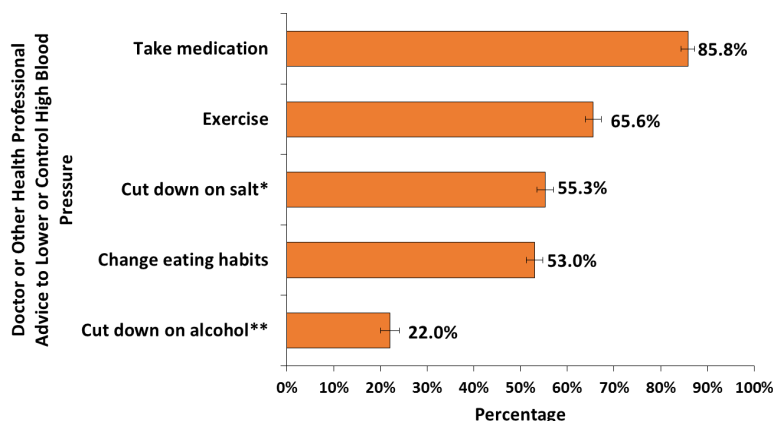
[†]Based on self-reported doctor diagnosed high blood pressure, excluding gestational hypertension.

Source: 2013 Kansas Behavioral Risk Factor Surveillance System, Kansas Department of Health and Environment, Bureau of Health Promotion.

Actions to Prevent and Control High Blood Pressure

Among Kansas adults with diagnosed high blood pressure, approximately 85.8 percent have been advised by a doctor or other health professional to take medication to lower or control their blood pressure, while 65.6 percent have been advised to exercise (Figure 3).⁵

Fig. 3: Percentage of adults aged 18 years and older who were ever advised to take action to help lower or control their high blood pressure, Kansas 2013



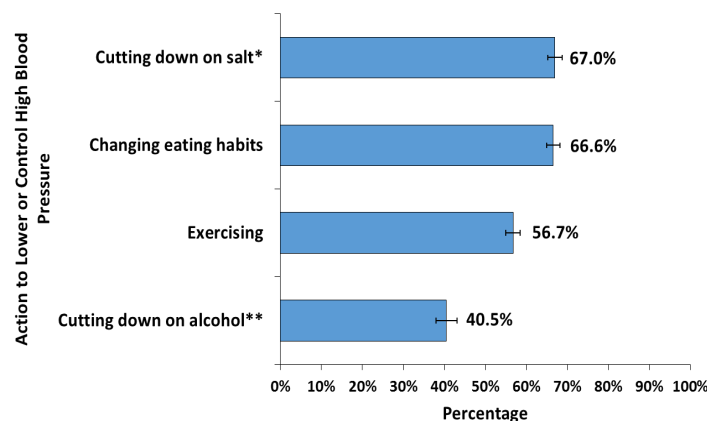
* Among those who use salt.

** Among those who consume alcohol.

Source: 2013 Kansas Behavioral Risk Factor Surveillance System, Kansas Department of Health and Environment, Bureau of Health Promotion.

Adults with self-reported diagnosed high blood pressure are currently taking action to help lower or control their high blood pressure (Figure 4). Approximately 67.0 percent are cutting down on salt consumption.⁵

Fig. 4: Percentage of adults aged 18 years and older who are currently taking action to help lower or control their high blood pressure, Kansas 2013



Recommendations to Prevent and Manage High Blood Pressure^{2,4,6}



Stay physically active and maintain healthy body weight.

Regular aerobic physical activity such as brisk walking (at least 30 minutes per day 5 days per week or 150 minutes every week) is recommended.⁷



Take blood pressure medicine as prescribed.



Avoid tobacco use and secondhand smoke.

Limit alcohol consumption to no more than 1 drink per day for women and 2 drinks per day for men.

****Note:** alcoholic drink equivalence⁷: 12 fl. oz. at 5% alcohol = 5 fl. oz. at 12% alcohol = 1.5 fl. oz. 80 proof distilled spirits

Maintain healthy dietary habits.

- ☐ Read nutrition label
- ☐ Reduce salt (sodium) intake⁷
 - ⇒ Less than 2,300 mg per day
 - ⇒ Limit intake to 1,500 mg per day for adults aged 51 years and older, African-Americans or adults who have high blood pressure, diabetes or chronic kidney disease.
- ☐ Increase fruit and vegetable consumption
- ☐ Consume low-fat dairy products with less saturated and total fats

Nutrition Facts

Serving Size 1 cup (246g)
Servings Per Container 2

Amount Per Serving
Calories 90
Total Fat 2g
Saturated Fat 0.5g
Cholesterol 25mg
Sodium 400 mg
Total Carbohydrate 11g



Manage stress and check blood pressure regularly.

References

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